



Buckeye Senior Center Mon.– Fri. 9am-4pm
201 E. Centre Ave. Buckeye, AZ 85326 623-349-6600
Fax 623-349-6611 www.buckeyeaz.gov

Closed
Mon. Feb. 20

CENTER CONNECTION

FEBRUARY 2023



SENIOR SPOTLIGHT!

This monthly feature will spotlight one of our senior participants.
Please meet ~

SMILIN' JOE KANE



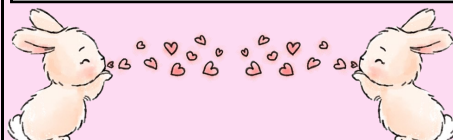
The first thing you will notice about Joe Kane is his larger than life, warm smile! Joe is always happy and has a kind greeting for everyone.

Born in Chester, Pennsylvania which is on the east side across from New Jersey, Joe worked in the nuclear plants in purchasing and procurement. When he moved to AZ in 2011 he was employed by Palo Verde Nuclear Plant. He also lived for a while in Iowa. His hobbies include writing poetry, stamp and coin collecting. Although Joe does not have any pets at the moment he does like dogs and cats. His favorite music is Country and Rock and Roll and was able to take in a Crosby, Stills and Nash concert a few years back. He is currently taking line dancing lessons here at the senior center and enjoys dancing at our parties! His advice to all is to just be yourself, be helpful because what you give out to others will always come back to you. *Thank you Joe!*

Buckeye Public
Libraries
623-349-6300
Dr. Saide or Sundance
Recreation Centers
623-349-6350
Area Agency on Aging
Senior Help Line
602-264-4357



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Senior Services Provided

- Home Delivered Meal Program
- Private Pay Meal Program
- Congregate Meal Program
- Transportation to the Center

For more information on the above programs please call
623-349-6600



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Who always has a date on Valentine's Day? :: A calendar.</p>	<p>1 Silver Sneakers 8am Love Notes 8:30am(FB) Site Council Officers Meeting 9:30am Bingo 12:45 pm</p>	<p>2 Cardio Drumming 8:15-9am Love Notes 8:30am(FB) Euchre 1-4pm</p>	<p>3 Silver Sneakers 8am Love Notes 8:30am(FB) Bingo 12:45pm(FB)</p>
<p>6 Love Notes 8:30am(FB) Line Dancing 9am Arts & Crafts 10am Wii Bowling 1-3pm</p>	<p>7 Love Notes 8:30(FB) AARP Tax Prep 9am-1pm Texas Hold' em 1pm</p>	<p>8 Silver Sneakers 8am Love Notes 8:30am(FB) Site Council 9:30am Bingo 12:45pm</p>	<p>9 Cardio Drumming 8:15-9am Love Notes 8:30am(FB) Cave Creek Trip 9am-3pm Euchre 1-4pm</p>	<p>10 Silver Sneakers 8am Love Notes 8:30am(FB) Birthday Bash 11am Bingo 12:45pm(FB)</p>
<p>13 Love Notes 8:30am(FB) Line Dancing 9am Wii Bowling 1-3pm</p>	<p>14 Love Notes 8:30(FB) AARP Tax Prep 9am-1pm Texas Hold' em 1pm </p>	<p>15 Silver Sneakers 8am Love Notes 8:30am(FB) Bingo 12:45 pm</p>	<p>16 Cardio Drumming 8:15-9am Love Notes 8:30am(FB) Euchre 1-4pm</p>	<p>17 Silver Sneakers 8am Love Notes 8:30am(FB) Bingo 12:45pm (FB) Wear Red Day in observance of Heart Month</p>
<p>20 Love Notes 8:30am(FB) Center Closed Presidents Day </p>	<p>21 Love Notes 8:30(FB) AARP Tax Prep 9am-1pm Skyline Stroll 10-11 Loteria 10-11am Texas Hold' em 1pm</p>	<p>22 Silver Sneakers 8am Love Notes 8:30am(FB) Volunteer Interest Day 10-11am Bingo 12:45pm</p>	<p>23 Cardio Drumming 8:15-9am Love Notes 8:30am(FB) Paint Class 1-4pm Euchre 1-4pm MIM 9:30am-3pm</p>	<p>24 Love Notes 8:30am(FB) Casino Royale Party 10am-Noon Bingo 1pm(FB)</p>
<p>27 Love Notes 8:30am(FB) Wii Bowling 1-3pm</p>	<p>28 Love Notes 8:30am(FB) AARP Tax Prep 9am-1pm Texas Hold' em 1pm</p>	<p>Skyline Stroll Tuesday Feb. 21, 10-11am Take a free guided educated stroll on one of the senior friendly trails in Skyline Regional Park. Susan Esh will teach you about the reptiles found in our desert. Transportation and a sack lunch is provided. Registration is open!</p>		



Monday	Tuesday	Wednesday	Thursday	Friday
<p>What did the chef give to his wife on Valentine's Day? * A hug and a quiche.</p>		<p>1 Pork Roast w/Gravy Scalloped Potatoes Butternut Squash & Cranberries Dinner Roll Apple Crumble</p>	<p>2 Chicken Florentine Normandy Blend Veggies Rice Pilaf Mandarin Oranges</p>	<p>3 Spaghetti w/ Meat Sauce Broccoli Garden Salad Garlic Bread Cantaloupe</p>
<p>6 Fish Tacos Cowboy Caviar Corn Chips Orange Halves</p>	<p>7 Bean & Cheese Burrito Chuckwagon Corn Spanish Rice Pineapple Tidbits</p>	<p>8 Crustless Chicken Pot Pie Broccoli Biscuit Banana Pudding w/ Vanilla Wafers</p>	<p>9 BBQ Pork Ribs Mashed Potatoes Buttered Green Beans Peach Slices</p>	<p>10 Sloppy Joes Tater Tots Succotash Peanut Butter Cookie</p>
<p>13 Chili Verde Pork Roasted Zucchini Spanish Rice Apricots</p>	<p>14 Coq au Vin (French Chicken dish) Mashed Fingerling Potatoes Broccoli WW Roll Strawberry Parfait</p>	<p>15 Beef Tips over Rice Succotash Pea Pods Grapes</p>	<p>16 Bean Tostadas Carrot & Cucumber Salad Rice Pineapple Slices</p>	<p>17 Pulled Pork Sandwich Normandy Blend Veggies Spinach Applesauce</p>
<p>20 CENTER CLOSED PRESIDENTS DAY</p>	<p>21 Liver & Onions Mashed Potatoes w/ Gravy Spinach WW Roll Orange Slices</p>	<p>22 Tortilla Breaded Tilapia Parsley Seasoned Carrots Brussels Sprouts Rice Pilaf Apricots</p>	<p>23 Baked Ham Scalloped Potatoes Peas & Carrots WW Roll Tropical Mix</p>	<p>24 Chicken Breast Strips Seasoned Potato Wedges Baby Carrots Biscuit Tropical Fruit</p>
<p>27 Cheese Ravioli w/ Marinara Sauce Spinach Italian Mixed Veggies Garlic Bread Peach Halves</p>	<p>28 Beef Pot Roast Mashed Potatoes Rosemary Seasoned Carrots WW Roll Banana Muffin</p>	<p>Conversation hearts were originally produced by the candy company NECCO in the 1860s. During this period, hollow candies often contained a small surprise message (like a fortune cookie), and consumers were delighted with the concept of a sweet treat that also contained a funny or cute message. Daniel Chase, the brother of NECCO's founder, began to experiment with printing messages directly onto the company's crisp wafer candies. He began by printing each message by hand, but over time was able to refine a method of automating the process using a die-cut press and vegetable dyes. The original messages were often quite long and more similar to a fortune cookie message than what adorns the conversation hearts today.</p>		



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FEBRUARY
2023

Join us in February for these exciting programs!

Line Dancing- Mon. 9-10am
 Arts & Crafts- Bi-Monthly on Mon. at 10:15am
 Texas Hold-'em -Tues. 1-4pm
 AARP Tax Preparation Tues. 9am-1pm
 Loteria- Tues. Feb. 28 10-11am
 Silver Sneakers - Wed. and Fri. 8-9am
 Bingo - Wed. and Fri. 12:45-2pm
 Cardio Drumming- Thurs. 8:15-9am
 Euchre- Thurs. 1-4pm
 Billiards and exercise rooms are open during business hours. Drop in

TRIPS:

Senior Stroll at Skyline Tues. Feb. 21 10-11am Sack lunch provided Register now! Free!
 Cave Creek Shopping, Lunch at Horny Toad Thurs. Feb 9, 9am-3pm \$3.00 trip fee
 Musical Instrument Museum Feb. 23 9:30am-3pm \$10.00 trip fee

February is Black History Month



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month.



Hermelinda Campos

Robert Charles

Virginia Cole

Susan Coryell

Pamela Davis

Patricia Farr

Barbara Garcia

Hope Gomez

Jesus Grijalva

Alan Hoppe

Cecilia Jensen

John Lowdermilk

Michelle McNamee

Gail Merrill

Ken Neal

Rae Patton

Debbie Peden

Margarita Perez

Pedro Perez

Antonia Robles

Tammy Rodriguez

John Rogers

Rachel Sanders

Lillian Scott

Lola Spence

Martha Valdez

Ruth Williams

Sharon Wood

Phil Yabes

UPCOMING TRIPS



MARCH:

- Thurs. March 9, 10:15am-2pm Lunch Bunch at the Persian Room \$3.00 trip fee
 - Thurs. March 16, 8:30am-4pm Boyce Thompson Arboretum \$15.00 trip fee
- Registration for March trips opens Thurs. Feb. 2 at 9am

APRIL:

- Thurs. April 13, 9am-3pm Butterfly Wonderland \$15.00 trip fee
 - Thurs. April 20, 9am-3pm Highland Yard Vintage Shopping \$3.00 trip fee
- Registration for April trips opens Thursday, March 2 at 9am

February is Heart Health Month

Heart disease is largely preventable.

Learn what you can do to keep your heart healthy.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being.

Some risk factors for heart disease include: High blood pressure, high cholesterol, overweight, diabetes or pre-diabetes, smoking, inactivity, family history of heart disease, unhealthy eating habits, over the age of 55 for women, 45 for men. Each risk factor increases your chance of developing heart disease.

Speak with your doctor as to which factors you can change and how to change them safely.

Some questions to ask are:

- What is my risk of developing heart disease?
- What is my blood pressure, what does it mean and what do I need to do about it?
- What is my cholesterol numbers, what does it mean and what do I need to do about it?
- What is my blood sugar level, and does it mean I am at risk for diabetes?
- What other screenings or tests do I need?

Information taken from the National Heart, Blood Lung Institute